

AGING HORIZONS

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AGING PERSPECTIVES

Charlie Rehbein, Aging Coordinator

The State Office on Aging is in the process of developing a new Montana State Plan on Aging for the period 2008 through 2011. This plan will set the stage for the beginning of the Age Tsunami with the baby boomers turning 65 years old in 2011.

Addressing the needs of an increasing elderly population, especially for our elders in rural/frontier Montana, is going to be a challenge for the next several years and this state plan is just the beginning of addressing the challenges ahead of us.

Census projections say that Montana may have the third highest percentage of people over the age of 65 in the nation by 2025. Projections indicate that our 65 and older population will be at least 25% of our total population and that most of our rural/frontier counties will have elderly populations which exceed the 30% mark. Currently, we have 65 communities whose elderly populations exceed 20% of their total populations. Of these 65 communities, 29 are over 25% and 9 are over 30%. The elderly populations in these towns will continue to increase faster than the rest of the state for several reasons, with the main reason being the younger people are leaving for jobs or to attend higher education facilities.

In July, we will have a draft of the plan available for review and comment. It is our hope to have a public hearing via MetNet video conference in 10 to 15 communities across the state, so people have the opportunity to hear about and make comment on our plan.

Once a date is set, we will have the date and sites listed on the Department of Public Health and Human Services' web site at <http://www.dphhs.mt.gov/newsevents/index.shtml> under Meetings and Events.

People can also send in written comments to:

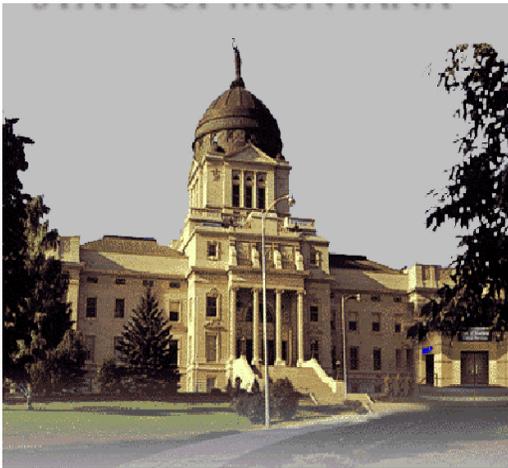
**Aging Services Bureau
PO Box 4210
Helena MT 59604**

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AGING HORIZONS

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<http://www.aging.mt.gov>



2007 LEGISLATIVE RECAP

The following is a recap of the actions taken by the 2007 Legislature that affect Aging Services and the Senior and Long Term Care Division. It is divided into two parts: bills that the Legislature considered and budgetary actions taken by the Legislature.

Overall, issues affecting both the Division and Aging Services received a very positive reception during the legislative session.

BILLS THAT PASSED

HB 156 - Eve Franklin - Increasing protections for long-term care insurance and changes that will help move the state towards developing long term care insurance partnerships for Medicaid eligibility purposes.
Signed into law by Gov 3/22/2007

SB 32 - Trudi Schmidt - improving ombudsman access to facilities by permitting local ombudsmen - with the approval, direction and oversight of the State Ombudsman - to visit after normal hours when necessary to perform their duties.
Signed into law by Governor 3/27/2007

SB 155 - Carol Williams - Creating an Older Montanans Trust Fund to pay for the creation of new, innovative services or the expansion of existing services that enable older Montanans to live in the least restrictive setting. The fund received \$5 million in Big Sky Rx funds that weren't expended during the last fiscal year.
Signed into law by Gov 5/11/2007

SB206 - John Cobb/Dan Weinberg - Requiring DPHHS to conduct a study to determine the feasibility, impact, and cost of providing employer-sponsored health insurance to personal-care attendants and direct care employees of organizations that receive the majority of their revenue from Medicaid-funded long-term care services.
Signed into law by Gov 5/16/2007

BILLS THAT DID NOT PASS

HB 60 - John Parker - Creating the Montana Access to Civil Justice Act and establishing a self-help law program.
Tabled in House Appropriations Committee

HB 327 - Franke Wilmer - Deferr property tax for low income disabled/elderly persons.
Tabled in House Taxation Committee

HB 386 - Rick Ripley - Excluding life estates from assets for Medicaid eligibility
Tabled in House Human Services Committee

SB 226 - Lynda Moss - Requiring accountability as a purpose and policy of the state for services for older Montanans and providing an accountability process.
Tabled in Senate Public Health, Welfare and Safety Committee

SB 229 - Jesse Laslovich - Adopting the Uniform Health Care Act in Montana.
Tabled in senate Judiciary Committee

SB 235 - Steven Gallus - Establishing a new state veterans' home in SW Montana.
Tabled in House Appropriations Committee

SB 294 - Dan Harrington - Clarifying the circumstances under which an agency of the state may be appointed as a guardian and clarifying its responsibilities.
Tabled in House Judiciary Committee

ON THE BUDGET SIDE

The following is a summary of the budgetary actions taken by the 2007 legislature that affect the Aging Network and the Senior and Long Term Care Division.

AGING SERVICES INCREASES

- **Elderly Meal Programs** received \$692,000 in state general funds each year over the biennium to support aging programs and grants administered by Area Agencies on Aging. This request makes permanent the one-time-only general fund appropriation of \$567,000 from the 2007 biennium and adds a new general fund appropriation of \$125,000 for the aging program.
- **Aging In-Home Caregiver Programs** received \$600,000 in state general funds over the biennium to continue providing in-home caregiver services through Area Agencies on Aging. These funds were originally appropriated as one-time-only in the 2007 Biennium.
- An **additional \$1.5 million** in one time only funds for aging services.
- All aging programs will receive a **Provider Rate Increase** of 1.9% for the first year and an additional amount in the second year. This increase would apply to all state funded aging services and would be funded by state general funds.
- An additional 1.00 FTE **Ombudsman position** in the state Aging Office was funded to address the increasing number of long term care facility options and concerns related to access and advocacy issues for long term care service recipients.
- An additional full time employee for the **State Health Insurance Program (SHIP)** was funded to assist people with Medicare issues. Brian Kelly will occupy this position.

OTHER SLTC BUDGET INCREASES

- The **Personal Needs Allowance (PNA)** for Medicaid nursing home residents was increased from \$40 per month to \$50 per month, effective July 1, 2007. This is the first time the PNA has been raised in over 20 years. PNA funds are used by residents to purchase personal items that are not covered by the nursing home facility reimbursement such as beauty shop, postage, cards, & gifts.
- **Provider rate increases** of 2.5% in each year of the biennium for Medicaid programs funded with state general funds and Tobacco Initiative funds.
- The **Home and Community Based Waiver program** received additional funding to increase its caseload by approximately 102 new individuals. Currently, there are 516 people on the Waiver waiting list. The waiting list is expected to grow due to the aging population, the increase in demand for assisted living facilities and the desire of more individuals who are older or who have disabilities to receive care at home.
- **Direct care worker wages** will increase in all SLTC programs to bring the lowest paid direct care workers up to \$8.50. Additional funds will be used to bring up wages and benefits for all direct care workers by about \$0.70.
- The **Eastern Montana Veterans Home** in Glendive received funds to replace its roof and bus.
- The **Montana Veterans Home** in Columbia Falls added 5.8 FTE in staff for their Special Care. They also received funding to replace eighty beds and for remodeling projects at the facility.
- **Adult Protective Services (APS)** received funding to add 1.5 FTE APS field social workers to provide direct services related to referrals and caseload increases.

OUTGOING COUNCIL MEMBERS

Two distinguished members of the Governor's Advisory Council will be ending their tenure on the Council in July. We wish to thank them for all the time, hard work and leadership they provided to the Council on behalf of seniors around the state.



CHUCKIE CRAMER, HELENA

Chuckie was originally appointed to the Council by Governor Martz. She has served on the Council for 6 years. She served as Council Chairperson for 4 of those years. She provided great leadership for the Council on a number of issues, including raising awareness of aging issues, the need for planning ahead to meet future aging services needs of baby boomers, increasing funding for aging services and establishing the Older Montanans Trust Fund.



JULIE EBZERY, BILLINGS

Julie was appointed to the Council by Governor Martz. She has served on the council for 3 years. Julie had a particular interest in caregiver issues. During her time on the Council, she served on the Caregivers Subcommittee and actively worked on the development and implementation of the Alzheimer's Demonstration grant from the federal Administration on Aging that the Aging Services Bureau received in 2005.

There are currently several vacancies on the Governor's Advisory Council on Aging. Anyone interested in applying or nominating the name of someone else to serve on the

Council can visit the state website for more information and an application at http://governor.mt.gov/boards_councils/ or call 444-3111.

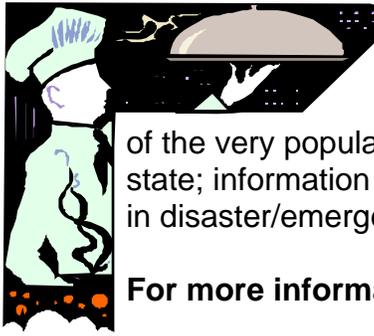
TIME TO RENEW YOUR PLATES?

Looking for a convenient way to support your local aging services programs? Consider buying a "Montana Treasures" specialty license plate. A portion of the cost of the license plate goes directly to support



aging programs in the county where the vehicle is registered. It helps to support programs such as home delivered meals, congregate meals, in-home services and transportation.

For more information, contact: your local Area Agency on Aging at (800) 551-3191



SENIOR CENTER/NUTRITION CORNER

This month's Corner has information on the following topics: the start of the very popular Senior Farmers' Market Nutrition Program at nine markets around the state; information on how senior centers and other aging providers can become involved in disaster/emergency preparedness; and a couple of menu ideas.

For more information contact: Marni Stevens at (406) 868-3874

SENIOR FARMERS' MARKET NUTRITION PROGRAM



The Senior Farmers' Market Nutrition Program will be starting up again this month in selected markets around the state. The program is funded through the US Department of Agriculture. The state receives about \$42,000 in funds to provide fresh produce for low-income seniors - those who are at least 60 years old and who have household incomes of not more than 185% of the federal poverty income guidelines. This translates to about \$1,575 or less a month for a single person or \$2,110 or less for a household of two.

The purposes of the Senior Farmers' Market Nutrition Program are to:

- Provide fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from farmers' markets to low-income seniors,
- Increase the domestic consumption of agricultural commodities by aiding in the expansion of domestic farmers' markets, and
- Develop new farmers' markets, roadside stands, and community support agriculture programs.

Because of limited funds, the Program only operates in the market sites listed on the right. Contact the lead agencies to sign up. The Billings Food Bank operates a modified program in Yellowstone, Big Horn and Carbon Counties. Because of the need, popularity and demand for the program, local programs forego administrative funds to operate the Program in order to serve as many clients as possible.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability or sex. Complaints about the Program should be directed to the state Aging Office.

BOZEMAN

Bozeman Senior Center
586-2421

HAMILTON AREA

Ravalli County Council on Aging
363-5690

HELENA

Helena Food Share
443-3663

KALISPELL

Flathead County Agency on Aging
758-5730

MILES CITY

Custer County Food Bank
951-3526

MISSOULA

Missoula Aging Services
728-7682

BILLINGS

Billings Food Bank
259-2856

(For Commodity Supplemental Food Program clients only)

EMERGENCY PREPAREDNESS FOR SENIOR CENTERS

If a disaster struck today, would you know what to do? What can you do now to ensure that you and your loved ones are safe before, during and after natural and man-made disasters that could impact your community? What would happen to the people you serve through your senior center - the homebound clients receiving home delivered meals or in-home services, or those that come to your center for meals and other services? Could your center remain open? Should your employees report to work? These are just a sampling of the kinds of questions you should be planning for, both individually and as a business.

The most crucial part of a successful emergency response system is what

happens in the community where the catastrophe strikes. As the past few years have shown, a disaster event can occur at any time or any place. Developing individual, business and community emergency preparedness plans and training on implementing them can help relieve anxiety, pain, and suffering, and can save lives.

Because of the potential vulnerabilities of the senior population we serve, the Federal Administration on Aging is now requiring the Aging Network to include disaster planning as a component of our new 2008-11 state and area plans on aging. The following are some ideas from the Governor's Conference session on emergency preparedness for senior centers.

POTENTIAL AREAS FOR SENIOR CENTER EMERGENCY PLANNING

INDIVIDUAL PREPAREDNESS: Centers can play an important role in raising awareness about the need for emergency planning amongst the participants whom they serve. Centers can help educate and/or assist participants to develop individual emergency plans and kits, which should include prescription medications. Self reliance is first line of defense in an emergency. You should be prepared to be on our own for 72-96 hours after a disaster so you can sustain yourselves while first responders are dealing with crisis situations and restoring order.

COLLABORATING WITH FEDERAL, STATE AND LOCAL EMERGENCY PREPAREDNESS TEAMS: It is important for centers to be involved in developing and implementing county comprehensive emergency management plans. These plans are coordinated by local county Disaster and Emergency Services (DES) personnel. Centers should work with local DES

programs, the American Red Cross, state and local public health departments, community health care providers and emergency services personnel (such as fire, police and emergency rooms) to establish relationships and learn how they can work together to support each other's efforts. Lack of communication and working relationships can be among the biggest barriers to successful emergency response.

BUSINESS PLANNING: Centers need to develop a Business Continuity Plan for their operations should an emergency occur. Assess the most likely emergency situations for your community and senior center and begin planning around these situations. Do you live in an area that historically has floods, fires, earthquakes, tornadoes, severe winter storms, frequent power outages, etc? It is also important to recognize the different disaster response strategies to an infectious disease occurrence such as the pandemic flu versus a response to a natural disaster such

as floods, tornadoes, severe snowstorms or earthquakes. Thus, it is important to ensure that plans address these various methods, one of which is to have people stay home and the other is to get people to safe shelters. The plan should address how you would provide services to participants, especially those who are homebound. Evacuation plans and alternate work sites should be identified. The plan should also address the needs of staff.

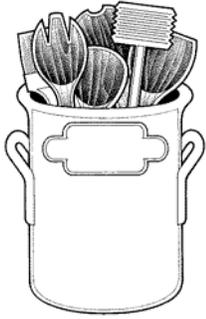
ASSISTING WITH RECOVERY: Senior centers should look at ways to interface and support first responders such as police, firefighters, emergency medical providers, American Red Cross or FEMA Emergency Response Teams. Centers should be able to identify the most vulnerable homebound clients that they serve, so that assistance can be provided to them in a timely manner. Centers can also be hubs for information, outreach and counseling during the period immediately following the emergency.

EMERGENCY MANAGEMENT SUGGESTED CHECKLIST

- ☑ Determine how your jurisdiction carries out emergency management.
- ☑ Set up meetings with essential players (i.e., local DES program, county public health department, hospital/emergency medical services, and police and fire departments).
- ☑ Establish working relationships by sharing contact information and setting up notification systems.
- ☑ Identify resources and skill sets that will be useful for both the senior center and emergency management officials.
- ☑ Participate in plan development, drills and exercises, and other preparedness activities.
- ☑ Be sure to develop an internal Business Continuity Plan for your center to ensure that your mission can be carried out with special emphasis on communications, back-up systems for data, emergency service delivery options, and transportation.
- ☑ Train staff on your plan and practice it. Periodically evaluate the plan and update it as necessary. Seek the input from the center board and participants.
- ☑ Identify other partners including the American Red Cross, the Salvation Army, Community Emergency Response Teams (CERT), other members of the Voluntary Organizations Active in Disaster (VOAD), and any other senior-focused agencies/organizations.
- ☑ Work with partner agencies to identify potential areas of unmet needs and plan for them.
- ☑ Have a system in place to track emergency expenditures as they *may* be reimbursable.
- ☑ Talk to similar agencies in other jurisdictions. They may have systems and literature in place that you can adapt for your locality.

POTENTIAL RESOURCES FOR SENIOR CENTERS

- The Administration on Aging has specific information for providers and elders www.aoa.gov/prof/aoaprogram/disaster_assist/disaster_assist_manual.asp
- State Disaster and Emergency Services <http://dma.mt.gov/des/>
- State DPHHS pandemic influenza <http://www.pandemicflu.mt.gov>
- Federal Emergency Management Agency <http://www.fema.gov/>
- Department of Homeland Security <http://www.ready.gov/america/getakit/seniors.html>
- American Red Cross <http://www.redcross.org/services/disaster/beprepared/seniors.html>
- Montana Extension Disaster Education Network. <http://www.montanahelp.org/>



MEALS WITH APPEAL

Create a meal with appeal. Like a well-decorated room, an appealing meal follows basic design principles. Savor the flavor of the seasons by creating meals that emphasize a variety of colors, textures and tastes. Food variety also provides a sampling of important nutrients provided by different foods.

PEPPER SLAW

- | | |
|---|--|
| 2 $\frac{3}{4}$ cups shredded green cabbage | 2 tablespoons sugar |
| 1 cup shredded purple cabbage | $\frac{1}{2}$ cup cider vinegar |
| $\frac{1}{2}$ cup seeded, diced green bell pepper | $\frac{1}{2}$ tablespoon vegetable oil |
| $\frac{1}{2}$ cup peeled, shredded carrots | $\frac{1}{2}$ teaspoon ground pepper |

- 1) Combine the cabbage, peppers, and carrots in a large bowl.
- 2) In a separate bowl, whisk the sugar, vinegar, oil and pepper.
- 3) Pour the dressing over the cabbage and toss well.
- 4) Refrigerate 2 hours before serving.

ALL AMERICAN HAMBURGER

- | | |
|------------------------------------|---|
| 1# 95% lean ground beef | 6 split, 2-ounce wheat rolls |
| $\frac{1}{2}$ cup chopped onions | 1 $\frac{1}{2}$ cups shredded romaine lettuce |
| 2 tablespoons ketchup | 2 tomatoes, cored and sliced |
| 2 tablespoons Worcestershire sauce | $\frac{1}{2}$ cup sliced red onions |
| 1-teaspoon hot-pepper sauce | |

- 1) Combine the beef, onions, ketchup, Worcestershire sauce and hot-pepper sauce. Form into 6 equal sized patties.
- 2) Cook the burgers in a non-stick skillet or on the grill. Cook until no longer pink.
- 3) Place one burger on the bottom half of each roll.
- 4) Divide the lettuce, tomatoes and onions evenly over each burger.

Recipes from "The Volumetrics Eating Plan"

NUTRITION TRAINING VIDEO

The Aging Services Bureau has produced a training video on basic nutrition and food safety information that can be used to educate new or current kitchen staff at senior centers. The video features Aging Services Nutritionist Marni Steel. There is an

accompanying manual that contains video outlines and supporting materials. Both the video and training manual have been distributed to all Area Agencies on Aging. Contact your local AAA to access these materials.

CENTENARIAN FOLLOW UP

Chester's Ethel Strom couldn't speak English when she started grade school, and Conrad's Wilma Sanders hasn't quite figured out the Internet. Strom, 103, and Sanders, 100, were two of six centenarians honored at a special luncheon during the 39th annual Governor's Conference on Aging held last month. Lt. Gov. John Bohlinger presented the honorees with a framed certificate identifying them as a Montana Centenarian.

Insightful anecdotes and photos of the centenarians receiving their awards from Bohlinger are now posted on the conference web site at www.aging.mt.gov under the heading Governors' Conference on Aging. Also featured on the web site is a list of 53 Montana centenarians known to the council.

The oldest centenarian in attendance was Hall's Mary Jensen, 105. Rounding out the list are three 100-year-old women including Bozeman's Gladys Olsen and Lorraine Stamper Enloe and Edwinna Cottrell Engellant both of Great Falls.

Before the conference, the centenarians were asked to share information about their lives. The comments received blend history

with some fun, unique facts.

Sanders writes: "I can't understand how my daughter-in-law in Alaska can use her computer on the Internet to get the article about this luncheon. It's a complete mystery."

Strom, daughter of Swedish immigrants, remembers starting grade school in Sherwood, N.D. in 1904 and being frustrated about not being able to communicate with her classmates. "So when I started school I could not speak English," she writes. "When I talked they laughed and said, 'What is she talking about?' I just didn't want to go back. But my parents said I had to go to school."

The 2000 census identified 162 centenarians living in Montana. It is estimated that by 2025 they will number over 3,000. The state is expected to rank fourth in the nation, proportionally, for individuals over the age of 65. "The writing is on the wall, and it's in grey, that Montana is getting older. These centenarians are showing us the way and we, as a state, need to be prepared for our up and coming seniors," Bohlinger said.

Article by John Ebelt, DPHHS

For more information or to recognize and honor a centenarian, contact: Brian LaMoure at 1-406-444-7782 or blamoure@mt.gov.

MINI GRANT AWARDS AT CONFERENCE

The 2007 Mini Grant awardees were announced at this year's Governor's Conference. A total of \$4000 was awarded this year. The funds came from the National Committee to Preserve Medicare and Social Security, the Governor Conference and fundraising efforts by the Governor's Advisory Council.

This year's awardees are featured on the following page.

Others that applied include: Stillwater Senior Center, Absarokee; Powder River Manor (NH), Broadus; Columbus Senior Center; Carter County Senior Citizens, Ekalaka; Froid Senior Center; Polson Senior Center; Red Lodge Senior Center; Saco Senior Center; Sela Senci Program, Seeley Lake; Three Forks Senior Citizens; and Meagher County Senior Center, White Sulphur Springs.

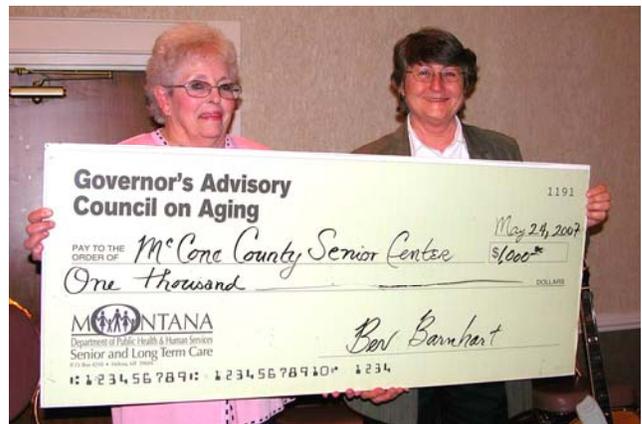
Tobacco Valley Senior Center, Eureka
 \$1000 to purchase durable medical equipment and medical supplies to establish a preventative health screening program, which would be operated by volunteers, including registered nurses. The program would provide blood pressure checks, blood sugar monitoring, on-site basic first aid, and foot and nail care, etc.

Duane Lutke, Director, Area VI receives the award from Janet Witt, NCPMSS



McCone County Community Senior Center, Circle \$1000 to work with the local caregiver support group to purchase 2-3 life alert systems to be used by caregivers. The equipment can summon help if the caregiver or their care recipient is having a medical emergency or other crisis. The equipment could also be used by persons who live alone.

Edith Pawlowski of Circle receives the award from Janet Witt, NCPMSS



Fergus County Council on Aging, Lewistown \$1000 to develop a "Wise Guys" program aimed at maintaining and improving the mental fitness of seniors. The Council will purchase several hand held video game units for use with the memory games. The Council will use local youth programs in the program to cultivate intergenerational relationships.

Donna Thornton, Fergus County COA receives award from Janet Witt, NCPMSS



Area VI Information and Assistance Program, Polson \$1000 to pilot an outreach program to reach people in two rural counties to inform them about the availability of services through the Area Agency on Aging. The AAA would develop a flyer on their services and distribute them through local grocery stores. The flyers would be placed in all grocery bags.

Jane Nicolaus, Area VI I&A Coordinator receives award from Janet Witt, NCPMSS



OMBUDSMAN COMINGS AND GOINGS!

Welcome to our newest Ombudsman –

Five individuals were certified during our recent Ombudsman certification training. We are extremely fortunate to have individuals with varied backgrounds serving residents in our long-term care facilities.

AREAS VI – X AND XI

Vanessa Fitchett is the new Regional Ombudsman for the western part of the State. With over 25 years of experience in the health care industry, Vanessa brings a wide range of expertise to our program. Vanessa and her husband of 36 years reside on a ranch outside Hot Springs, where their lives are enriched by 40 young teenagers, who are re-directing themselves and overcoming various personal challenges. Vanessa enjoys spending time with her six grandchildren, quilting and photography.

AREA XI

Annie Kaylor wears multiple hats at Missoula Aging Services. She fills the Aging and Disability Resource Center (ADRC), and works as a part time ombudsman and Information and Assistance specialist. As a Hartford Scholar on Aging, Annie graduated with her Master’s in Social Work from the University of Montana. In her free time, she likes to hike, camp, hunt, garden, read and dance.

Sandy Smiley joined Ravalli County Council on Aging in the fall of 2006. As the Local Ombudsman for the county, Sandy is also certified as Information and Assistance Specialist and a SHIP Counselor. In her spare time, Sandy “loves cats and is learning to tolerate dogs”, enjoys reading mysteries and doing genealogy research.

Kathy Sital has worked for the Ravalli County Council on Aging for two years in the I&A program. Kathy will serve as a ‘back-up’ Ombudsman for Ravalli County. In addition to her previous employment with a community based senior service agency, Kathy has worked with individuals with developmental disabilities.

AREA II

Janice Krueger joined the Yellowstone County Council on Aging as the Local Long Term Care Ombudsman. Janice replaces Michele Tesar, who relocated to the Midwest to provide care for her mother. Janice comes to our program with a background in Social Work and Vocational Rehabilitation. She has worked in the health care industry for over 20 years. In her spare time she enjoys reading and spending time with her two grandsons.

FALL RECERTIFICATION SCHEDULE

The training dates have been set for recertification classes for all Ombudsmen, Information and Assistance, SHIP, SMP and RAM counselors. Check the places, times and dates below.

MISSOULA	September 11 th September 12 th	I/A, SHIP and SMP recertification training Ombudsman and RAM recertification training
BILLINGS	September 19 th September 20 th	Ombudsman and RAM recertification training I/A, SHIP and SMP recertification training
HELENA	October 2 nd October 3 rd	Ombudsman and RAM recertification training I/A, SHIP and SMP recertification training

MARK YOUR CALENDARS



September 26-28, 2007

9th Annual Community Services Bureau Conference

Hilton Garden Inn, Missoula

Contact: (406) 444-4077

October 23-24, 2007

2007 Alzheimer's Association Fall Conference

Best Western Heritage Inn, Great Falls

Contact: (406) 252-3053

May 20-22, 2008 (Tentative)

40th Governor's Conference on Aging

Place to be determined